

SUMMER 2015

NATICK COMMON GUIDE

*Community Education
and Resources*

Recreation and Parks • Council On Aging • Human Services
Natick Community Organic Farm • Veterans' Services

Photo Credit:

Town of Natick
Community Services Department

citizensleadership

a c a d e m y



Seeking new leaders!

Classes are held on Wednesday evenings from 6:30-9:00pm at various locations around town. All sessions will be facilitated by town staff who will provide learning experiences that are interactive, interesting and informative.

Fall 2015 Schedule:

September 16, 23, 30

October 7, 14, 21, 28

November 4, 18, 25

Those interested in participating are encouraged to complete an online application. Space is limited, so early registration is suggested. Should you have questions please feel free to contact Jemma Lambert, Director of Community Services, by phone at: (508) 647.6546 or via email at jlambert@natickma.org.

The program is free of charge and open to anyone who lives or works in the Town of Natick.



friends & neighbors,

As the weather warms and the memories of our difficult winter fade, we here at the Community Services Department think it's time to get out and enjoy all that Natick has to offer!

This edition of the Common Guide offers a wide range of activities you and your family can take advantage of; from athletic activities at one of our many outdoor venues to continued learning classes at your Community Center; from outdoor learning experiences at Natick's Organic Farm to casual hikes along one of our treasured trails . . . there's lots to choose from and we encourage you to take full advantage.

I'd like to bring your attention to our 'Call for Volunteers.' You may recall that the department is launching a new public transit program in town and we need your help more than ever—to make that happen.

If you happen to have a few hours a week to give, you can help make a real difference to those in your community by 'taking the wheel' as a volunteer driver. Sign up with a friend or your spouse and you can ride together!

Consider 'adopting' this important service through a civic group you're involved with, or perhaps your church or synagogue . . . We'll train you, support you and gratefully welcome you to our team of dedicated drivers. Please consider it.

All the best,

Jemma Lambert

"There are no strangers in here, just friends you haven't met . . ."
— Roald Dahl

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Maureen Sullivan

directories



Memorial Beach

Natick Resources

Affordable Housing	(508) 647-6428
Bay Path Elder Services	
Meals on Wheels	(508) 573-7200
Natick Cultural Council	(508) 277-2470
Emergency Shelter (SMOC)	(508) 872-4853
Family Promise MetroWest	(508) 318-4820
Family Resources of Natick	(508) 655-2557
Food Pantries	
A Place to Turn	(508) 655-8868
Natick Service Council	(508) 655-1791
Food Stamps (DTA)	(508) 661-6600
JFK Transportation	(508) 653-4500
Kids Connect	(508) 652-4211
Leonard Morse Hospital	(508) 650-7000
MetroWest Legal Services	(508) 620-1830
MetroWest Medical Center	(508) 383-1000
MWRTA The RIDE	(508) 820-4650
MWRTA Bus	(508) 935-2222
Natick Cab	(508) 653-2300
Natick Center Associates	(508) 650-8848
Natick Community	
Organic Farm	(508) 655-2204
Natick Housing Authority	(508) 653-2971
Natick Services Council	(508) 655-1791
Eversource	(800) 592-2000
Pegasus (Local TV)	(508) 651-0022
Psychiatric	
Emergency Services	(508) 872-3333
Salvation Army	(508) 875-3341
TCAN	(508) 647-0097
Walnut Hill School	(508) 650-5020

NATICK MUNICIPAL NUMBERS

Senior citizen parking permits will available to Natick residents age 65 and older for a \$2.00 fee. Parking Permits are available for purchase at the CSC and cover the calendar year (Jan-Dec). The permit will allow a Natick senior to park at a meter in down-town Natick for a maximum of two hours or less based on time allowed on the meter. Residents need to purchase a new permit each year. Permits for 2015 are available in January. Bring val-id driver’s license, vehicle registration and former parking permit.

Fee Reduction Programs:

Earned Income Tax Credit	(508)-647-6519
Elder and Disabled Taxation Fund	(508)-647-6420
Property Tax Deferral Program	(508)-647-6420
Property Tax Exemptions	(508)-647-6420
Property Tax Reduction: Seniors	(508)-647-6540
School Fee Aassistance	(508)-647-6493
Animal Control	(508)-647-9545
Bacon Free Library	(508)-653-6730
Board of Selectmen	(508)-647-6410
Building Inspector	(508)-647-6450
Water/Sewer Assistance	(508)-647-6420
Case Management:	
Access to Benefit Programs	(508)-647-6540
Clerk, Town	(508)-647-6430
Collector/Treasurer	(508)-647-6425
Commission on Disablility	(508)-647-6519
Community Services Department	(508)-647-6540
Council on Aging	(508)-647-6540
Human Services	(508)-647-6519
Natick Community Organic Farm	(508)-655-2204
Recreation and Parks	(508)-647-6530
Veterans’ Services	(508)-647-6545
CSC After Hours Emergency	(508)-647-6550
Conservation Commission	(508)-647-6452
Engineering	(508)-647-6551
Facilities Department	(508)-647-6504
Fire Department	(508)-647-9550
Health Department	(508)-647-6460
Highway	(508)-647-6562
Morse institute Library	(508)-647-6520
Planning Board	(508)-647-6450
Police Department	(508)-647-9500
Property Assessment	(508)-647-6420
Property Taxes	(508)-647-6420
Public Works Department	(508)-647-6550
Recycling Center	(508)-647-6562
Registrar	(508)-647-6459
Sanitation	(508)-647-6562
Town Admistrator	(508)-647-6410
Town Clerk	(508)-647-6430

transportation

JUST A REMINDER

A CSC reminder that people with handicap placards are free to park anywhere in the parking lot. They need not limit themselves to a handicapped spot if they find a non-handicapped spot closer to the building. Also be aware that all the spots that run parallel to the building in the front are now marked for handicapped parking only.

TAXI COUPONS

Natick Council on Aging has a Taxi Coupon Program with local taxis for qualifying seniors and disabled residents of the Town of Natick. Funding for this program was approved at the 2014 Spring Town Meeting and will continue through June 30, 2015. The intent of this program is to assist in paying the taxi fare, not pay the total fare. Taxi coupons are assigned and non-transferable and have no cash-back value. For additional information go to www.natickma.org.

TRANSPORTATION PROGRAM

Did you know that we have volunteers who can drive you to your medical appointments at no cost to you? Natick Council On Aging (COA) has a wonderful transportation program designed to help Natick’s seniors and people with disabilities get to their appointments on time. Call the CSC at (508) 647-6540 for information.

A service to be provided by the Community Services Department initial-ly focused on elderly and disabled Natick residents who need transpor-tation to medical services throughout Natick and nearby destinations. The service will be managed by the Town of Natick in partnership with the MetroWest Regional Transit Authority (MWRTA). This service will complement the following existing programs:

- **Natick Council on Aging:**
Volunteer Driver Program,
Cab Share, Taxi Coupon
- **MWRTA Fixed-Route:**
RIDE and Boston Area Hospital Shuttle

The initial focus is on providing a convenient, secure and safe transporta-tion service for elders and disabled residents traveling to critical medical appointments. The program may eventually support more general mobility needs such as trips to pharmacies, for grocery shopping, access to MBTA stations and after school transportation for Natick students.

2015 SENIOR PARKING PERMITS

Senior citizen parking permits will available to Natick residents age 65 and older for a \$2.00 fee. 2015 Parking Permits are available for purchase at the CSC and cover the calendar year (Jan-Dec). The permit will allow a Natick senior to park at a meter in downtown Natick for a maximum of two hours or less based on time allowed on the meter. Residents need to purchase a new permit each year. Permits for 2015 are available in January. Bring a valid driver’s license, vehicle registration, and former parking permit.

volunteering

VOLUNTEERS NEEDED

We are looking for individuals who are interested in modeling for our All Media Art class, which meets every Friday at 10am. We would like a model about once a month to sit during our class time. If interested, please e-mail Karen at kedwards@natickma.org.

TRANSPORTATION PROGRAM – CRITICAL NEED

We always have a need for drivers for our transportation program. Vol-unteers provide rides for seniors or people with disabilities to get to ap-pointments or errands. The volunteer must have their own car. We reim-burse for travel expenses. This volunteer opportunity has a great deal of flexibility and provides a wonderful chance to meet new people. Volun-teers can choose if they prefer to drive locally (i.e. Natick, Framingham, Newton-Wellesley Hospital), into Boston, or both. Please consider volunteering by giving a few hours of your time to help out your neighbor!

C.H.O.R.E. PROGRAM

Know your way around a toolbox? Willing to help out someone who needs a little help around the house? Our C.H.O.R.E. program provides minor home repair and chore service to Natick’s senior citizens. Our volunteers can help! If interested in any volunteer opportunities, please e-mail kedwards@natickma.org.

YOUNG ADULT VOLUNTEERS

Are you 18+? Have 2 hours available this summer? Have access to a car? Want to help your neighbors? You’ve come to the right place! We have a need to have flexible volunteers willing to help fill in this summer for vacations or to help on a regular basis! Please contact Karen at kedwards@natickma.org. Thanks for your help!

*“Summer afternoon—summer afternoon;
to me those have always been
the two most beautiful words in the English language.”
~ Henry James*



photo credit: Maureen Sullivan

trips

community happenings

community happenings

OPEN HOUSE FOR CHARLES RIVER STORY WALKS

Natick Historical Society

Special events at six sites near South Natick
What’s our story? Come see for yourself what the non-profits in the neighborhood have to share. These six members of the Charles River Community Group are planning family-friendly special activities, all with at least one free component. For more information, visit www.crcgroups.wordpress.com. Saturday, June 13, 10-4:00pm



SOUTH NATICK KITCHEN TOUR

Author Visit with Suzanne Strempek Shea

The Friends of the Bacon Free Library present a fundraising kitchen tour; tickets \$30 in advance, \$35 day of tour. Tuesday, June 16, 7:00pm
Suzanne Strempek Shea is author of ‘This is Paradise’, ‘Sundays in America’, and ‘Lily of the Valley’. Sunday, June 14th, noon to 4:00pm.

TAUNTON CITY BAND CONCERT

On the Lawn of the Bacon Free Library

Sponsored by Natick Cultural Council
Come hear this brass band with roots that extend back a century while enjoying the scenery around the Bacon Free Library building. Bring your folding chairs, a picnic, your family and enjoy selections of classic American and Portuguese-American marching band tunes. Free and open to the public. Thursday, August 13, 6-8:00pm

‘THE FANTASTICKS’, The TCAN Players

TCAN – The Center for the Arts Natick

The Fantasticks, by Tom Jones & Harvey Schmidt, is the world’s longest running musical - running for over 50 years in Manhattan and entrancing generations of audiences the world over, a funny and romantic musical about a boy, a girl, two fathers and a wall.
June 5-June 14, Public \$25, members \$22,

TOM RUSH – A music legend the world over, singer-songwriter and folk rock pioneer Tom Rush brings his unique brand of blues-influenced folk/rock music to TCAN.
June 19 & 20, \$45 public / \$40 members

*“Let us go, then,
exploring, this summer morning, when all are adoring
the plum blossom and the bee.”*

~ Virginia Woolf, Orlando

DAY TRIP TO NORTH SHORE MUSICAL THEATRE
AND ‘BILLY ELLIOTT’

Location: Bus departs from CSC

Depart at 10:30am from Natick Community-Senior Center to the Danversport Yacht Club for a full course lunch (choice of baked chicken or baked scrod) and then onto the North Shore Music Theatre for the Broadway hit show, Billy Elliott. Cash or check payable to ‘Town of Natick’ due upon registration. Tickets will be distributed on the bus.
Wed, 10:30am-6:00pm Oct 7 \$109 per person
includes lunch & ticket

NYC 9-11 MEMORIAL AND MUSEUM DAY TRIP

Location: Bus departs from CSC

Upon arrival in NYC your group will visit the 9-11 Memorial and Museum commemorating those who died in the 9-11 terrorist attacks. Afterwards, you’ll go to midtown Manhattan and Rockefeller Center to shop, browse or relax at a restaurant or café. Arrival at CSC will be approximately at 10:30pm. Bus will stop en route for stretch/food breaks.
Sat, 6:30am-10:30pm Jun 27 \$99 includes transportation
and museum entry

COLLETTE VACATION TRIPS

For reservations: call Collette Travel, 1 (800) 852-5655, and give the representative the tour reservation number associated with the trip for which you would like to get further information. Brochures are available at the CSC.



Canyon Country

Featuring Arizona & Utah

September 17-25, 2015
reservation # 643758



From The Outback To The Glaciers,
Australia & New Zealand –

November 12-December 3, 2015
reservation # 643781

For more information, call (800) 852-5565

SUMMER PERFORMING ARTS ON THE COMMON

This series is FREE to the public and we rely solely on sponsorships and donations from the Community. If you are interested in sponsoring an event, please call The NR&PD Office at (508) 647-6530.

MONDAY CONCERTS
ON THE COMMON 7:00-9:00PM

June 29, 2015	Jimmy Lavezzo Tribute Band
July 6, 2015	Center Street
July 13, 2015	Classic Groove
July 20, 2015	Sometimes Banned
July 27, 2015	Roy Scott Big Band
August 3, 2015	Three-of-a-Kind
August 10, 2015	Don’t Tell Jack
August 17, 2015	HELP!

WEDNESDAY FAMILY PERFORMING ARTS
SERIES ON THE COMMON 6:30-7:15pm

July 8, 2015	Jeff Thomas
July 15, 2015	Stacey Peasley
July 22, 2015	Karen K & Jitter Bugs
July 29, 2015	Vanessa Trien
August 5, 2015	Bob Bloom
August 12, 2015	Ben Rudnick & Friends



photo credit: Maureen Sullivan

JULY 4TH
CELEBRATION WEEK IN NATICK

- **Sunday, June 28:**
Mini-Triathlon at Memorial Beach 9:30am start
- **Monday, June 29:**
Concert on the Common • 7-9:00pm
- **Tuesday, June 30:** (No Rain Date)-
Family Day Activities on the Common 5-8:00pm
- **Saturday, July 4:**
Parade • Downtown 9:00am start

For more information go to www.natick4th.org

ARTWALK

The Natick Center Cultural District is pleased to announce that this year’s ArtWalk will take place on Thursday, July 16th between 5:00-8:30pm in Natick Center. This year Washington Street will be closed so local restaurants can vend their tasty prepared food. There will also be a surprise musical performance on Washington Street starting at 6:30pm. Once again businesses will host artists showcasing their work to view and buy along with tasty dishes from local restaurants at the second annual Natick Center Restaurant Week. Local musicians and dance troupes will perform throughout the Center in various locations. Rain date will be Thursday, July 23rd. July 16, Thursday, 6:30pm, free

MOZART’S THE MARRIAGE OF FIGARO,
Opera del West

A Mozart classic based on the comedy of class warfare by Beaumarchais. Will Figaro be able to marry Susanna before his master, the Count, gets his lascivious hands on her? It will take deception, masquerade and intrigue to reach a happy ending. Sung in Italian with English supertitles.
August 14 & 16, \$25 public / \$20 members

For Adults –‘PURPLE HIBISCUS’
Morse Library

Wed, Apr 29, 2015, 7:00pm-8:30pm
Poetry Slam 2015, Thu, Apr 30, 2015, 7:00pm
Creative Connections: Italy da Sola, Wed, May 6, 2015, 3:00pm
Concert: Tour de Flute, Sun, May 10, 2015, 3:00pm
Book Group: Bee Season by Myla Goldberg
Wed, May 20, 2015, 11am

For Children – SING ME A SONG with Fran Friedman,
Fri, Jun 5, 2015, 10:30am -11:15am

For Teens –TEEN MAKERLAB, Tue, Jun 2, 2015, 7-8:00pm

NATICK COMMUNITY ORGANIC FARM

Our fresh, organic, Natick-grown produce is on sale daily during daylight hours at the Farm; Monday-Friday, 9:30am-4pm, in July and August, at our Route 16 Youth-run stand; and Saturdays at the Natick Farmers’ Market, Natick Common, 9am-1pm

‘Save the Date’ for our Harvest Dinner and Auction
September 24, 2015 at Wellesley College Club. Reservations open August 1 at www.natickfarm.org .

NATICK FARMERS MARKET

Every Saturday morning, almost year round, either on the Natick Common or in the Common Street Spirituality Center, there is a Farmers Market with over 40 delicious food vendors. The market is outside until October 10th, On October 17th, the market moves indoors, across the street, with two floors of food and fun. For a current listing of vendors, please visit www.natickfarmersmarket.com.

community

CLASSIC CARS AT COMMUNITY SENIOR CENTER

Location: CSC

Swing by and enjoy looking at wonderful array of beautiful classic cars from Model A's to hotrods. Free to all ages with coffee and refreshments available for purchase, proceeds to benefit the Friends of Natick Council on Aging.

Sat	9:00am-noon	Jul 18	free
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ELDERLAW UPDATE

Location: CSC

Join Elder Law Attorney, Tim Loff, in this overview of changes to Medicaid, Social Security, VA Benefits, Long-Term Care Insurance, reverse mortgages, & probate law that have occurred recently. There are already some significant changes that people should be aware of in some of those areas.

Tues	2:00pm	Jun 16	free
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HOME COMPOSTING BASICS

Instructor: Grant Berman

According to the EPA, 20% of our trash comes from food. What a waste! Learn how to turn your kitchen scraps and yard waste into wonderfully rich compost that can be used as a soil amendment or mulch for your garden and shrubs. Teen entrepreneur, Grant Berman, of Newton's Dirty Boys, will lead the class and share information on local composting resources and the composting bins that are available to Natick residents at or below cost.

Thur	7:00pm	Jun 25	free
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GO THE DISTANCE 1-MILE WALK

Location: JJ Lane Park, Speen Street

Meet at Natick's JJ Lane Park and take a walk through this beautifully restored park area. Whether you're able to walk for one mile or more, please join us for refreshments and prizes compliments of Mass Council on Aging Keep Moving Grant. Prizes and fun!

Wed	10:00am	Jun 17	free
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LOOKING FOR A GOOD BOOK?

Location: CSC

Join book buyer from Wellesley Books and lifelong book enthusiast, Lorna Ruby as she talks about new titles in both fiction and non-fiction. She'll bring samples to show and offer for sale.

Fri	1-2:00pm	Jun 26	free
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MY LIFE, MY HEALTH – Chronic Disease Self-Management

Location: CSC

This class, funded by BayPath Elder Services, will give you the confidence to manage your health and maintain an active life. This class teaches techniques for dealing with physical and emotional issues; exercises; medication management; effective communication; nutrition; decision making and evaluating treatments. You will a copy of the book and an audio relaxation CD.

Mon	3-5:30pm	Jun 1, 8, 15, 22, 29 & July 6	free
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ORAL HEALTH CONSIDERATIONS – AS YOU AGE

Location: CSC

Join Dr Zarrella D.M.D. in this talk on how your oral health connects to your overall health including: link between gum disease and overall health; importance of preventive dentistry; sleep disorders and teeth grinding; dry mouth; role of nutrition; dentures and aging and chronic inflammation. Q&A afterwards.

Thur	10:00am	Jun 18	free
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PUSHING THE ENVELOPE-

A brief history of mail delivery and stamps

Location: CSC

Bring your lunch or purchase one from our Lincoln Café while a stamp expert from the Spellman Museum discusses the history of the U.S. postal system from the Pony Express to trains, planes, and even camels. Get a preview of all the latest US stamps and some million dollar sales of rare stamps. registration required. Bring your own lunch or buy a lunch at the Lincoln Café.

Thur	Noon	Jun 25	free
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SCAMS, FRAUD & IDENTITY THEFT-

Presentation with Better Business Bureau

Location: CSC

Better Business Bureau representative Amy Schram will cover the most common scams currently circulating the community, the major Red Flags to watch out for, and the precautionary steps we can take to prevent ourselves from falling victim.

Tues	1:00pm	Jun 23	free
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SOCIAL SECURITY: WHAT YOU NEED TO KNOW

Location: CSC

Social Security provides protection for all of us. Please join Kristen Albe-rino to learn about benefits & services provided by Social Security, how to qualify for benefits, how and when to apply, online services, planning tools and more. Create your own Social Security account at www.social security.gov/myaccount which will provide you with an earnings statement to bring with you.

Tues	2:30pm	Jun 30	free
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*"I guess my view of America
is of a real big hearted country,
real compassionate."*

~ Bruce Springsteen

GUIDED TRAIL WALKS

Guides will be representatives from Natick Trails and

Natick Town Forest Committees

Come enjoy Natick's beautiful open spaces and discover new trails! The walks are free, and no registration is required. Most walks cover 1-2 miles and last about one hour. Participants are encouraged to wear sturdy footwear.

- COOLIDGE HILL (July 25, 9am)**

Journey to the peak of Natick's little "bald top", a famous local site where Henry Wilson once practiced his speeches in the 1800s. Once in disrepair, this 6-acre property is just 10 minutes from Natick Center and was recently reclaimed by volunteers who dedicated their time to cleaning it up. Meet on shoulder of Jefferson Ave. (Strenuous)

- PEGAN COVE (July 18, 9am)**

Explore the 22 acres of Pegan Cove's woods and extensive shoreline on the South Pond of Lake Cochituate while learning about the remains of the 1893 Pegan Brook Filter Beds that once kept Natick's urban run-off from entering Boston's first public water supply. Meet at parking area off Washington Ave. (Easy)

- TOWN FOREST (July 11, 9am)**

Visit the 100-acre Natick Hunnewell Town Forest, a gift to the Town from Henry Sargent Hunnewell's widow, Mary Bowditch (Whitney) Hunnewell, in 1933. The land, which includes a "Drumlin", a rounded hill like a whale's back, was formed by a glacier about 10,000 years ago and includes a variety of trails ranging from easy to strenuous. Meet at the entrance off Oak Street. (Varying)

- TIMOTHY COOLIDGE HILL (Aug 1, 9am)**

Follow in the foot steps of Timothy Coolidge as you explore more than 8.5 acres across this wooded property. This hidden gem is located off West Street. Meet at High School baseball field. (Moderate)

TRAIL ADVENTURES with Pat Conaway

Location: Meet at CSC and head out to designate Natick trails.

Join Natick Trails Buddy founder, Pat Conaway and hike the beautiful trails of Natick, learn about the area and nature. Light trail maintenance opportunities are available if you would like to help. Register with Pat, bpconaway@gmail.com or call (508) 647-6540.

Sat	noon-1:30pm	Jun 20	free
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*"Let us go, then, exploring, this summer morning,
when all are adoring
I drifted into a summer-nap under the hot shade of July,
serenaded by a cicadae lullaby,
to drowsy-warm dreams of distant thunder"*
~ Terri Guillemets

CSC events

BAGELS WITH THE BOS

Location: CSC

Enjoy conversation with members of the Board of Selectmen. Bagels provided by Whitney Place.

Thu	9:00am	Jun 25, Jul 23 & Aug 27	free
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BIRTHDAY PARTIES AT THE CSC

The birthday celebration in June will be on June 19 at 1:30 and will be sponsored by the Friends of the Natick Community-Senior Center! For July and August, we will hold the birthday celebrations on Thursday, July 16 and Thursday, August 20 at 1:30pm. Come and celebrate with us! Call the CSC at (508) 647-6540 to register.

KEEP MOVING: WALKING FOR PEOPLE 50+ YEARS YOUNG!

Made possible with a grant from the Mass Council on Aging Come and walk with us at the Natick Community-Senior Center gym Mondays through Fridays between 7:30-9:30am. When you arrive, please sign in at the desk and you'll be entered in a weekly drawing to win a lunch at our Lincoln Café and other prizes.

RED CROSS BLOOD DRIVE

Held monthly at the Community-Senior Center, these blood drives are a fantastic way to give back to your community. The American Red Cross is always looking for donors and has urgent need all blood types. Thanks to your generosity, the ARC continues to exceed its goal! Please continue this great trend by contacting the ARC and setting up an appointment to donate at our next drive.

Mon	2-7:00pm	Jun 8, July 6 & Aug 10
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THREE SUMMERTIME CONCERTS

Compliments of Mary Ann Morse

Location: CSC

Enjoy the music and fun at the Community-Senior Center Great Room. Dancing and good times! Free, please register by calling (508) 647-6540. All concerts free.

Robert Black and Elvis Presley Tribute Artists

Thur	7:00pm	Jun 18
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Retro Polatin and Their Vintage Rock 'n Roll Music Party

Thur	7:00pm	Jul 16	free
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The Wolverine Jazz Band

Thur	7:00pm	Aug 20	free
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YOU CAN IMPROVE YOUR MEMORY

Location: CSC

Learn how to increase knowledge and understanding of normal changes in memory as you age and to provide strategies for improved memory skills including discussion and interactive exercises. Please plan on attending BOTH classes. Free, please register by calling (508) 647-6540.

Tues	9:30-11:00am	Aug 4 & 11
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get•fit

CHAIR VOLLEYBALL

Location: CSC
Chair Volleyball is a modified version of regular volleyball played with an inflatable beach ball. A great team activity, that can improve upper body mobility, balance and strength.

Mon	12:00pm	ongoing	free
Wed	10:30am	ongoing	free
Fri	10:30am	ongoing	free

Register at CSC, (508) 647-6540. Cash or check, payable to ‘Town of Natick’ due upon registration.

FITNESS ROOM AT CSC

The Fitness Room at the CSC is a small community gym with cardiovascular equipment, Keiser Pneumatic weight machines, and free weights. To join the Fitness Room you must first schedule an orientation. There is a \$5 orientation fee that will be deducted from your membership cost if you decide to join the fitness room. Please arrive early for your scheduled orientation as late arrivals will not be permitted. If you do not attend the orientation, or do not arrive on time, the fee will be nonrefundable. The membership fee is \$25 for those 60 and above, and \$40 for those 18-59 for a six-month membership. Contact the CSC for more information and hours, (508) 647-6540.

SMALL GROUP PERSONAL TRAINING ADVANCED

Instructor: Fitness Together Staff
Location: CSC
Small group personal training will focus on strength, flexibility and balance during the twice-a-week sessions. Individual needs and concerns will be addressed. This class is appropriate for those who have done small group before or regular exercisers. New sessions start each month.

Tue & Thu	10-11:00am	Jun 11-Jul 17	\$100 pp
Tue & Thu	10-11:00am	Jun 11-Jul 17 2	\$100 pp
Tue & Thu	10-11:00am	Aug 6-Sep 1	\$100 pp

Register at CSC, (508) 647-6540. Cash or check, payable to ‘Town of Natick’ due upon registration.

SMALL GROUP PERSONAL TRAINING - EVENING

Instructor: Fitness Together Staff
Location: CSC
Small group personal training will focus on strength, flexibility, and balance during the twice-a-week sessions. This class is appropriate for those who have done small group before or regular exercisers. New sessions start each month.

Tue & Thu	10-11:00am	Jun 11-Jul 17	\$100 pp
Tue & Thu	10-11:00am	Jun 11-Jul 17	\$100 pp
Tue & Thu	10-11:00am	Aug 6-Sep 1	\$100 pp

Register at CSC, (508) 647-6540. Cash or check, payable to ‘Town of Natick’ due upon registration.

VIDEO EXERCISE

Location: CSC
Low impact beginners aerobics. Many exercises can be done from a chair. Richard Simmon’s “Silver Foxes’ DVD will be used.

Tue	10:00am	ongoing	free
Thu	10:00am	ongoing	free



EXERCISE PROGRAMS AT THE CSC- DROP-INS

Your choice - try something new or stick with your favorite exercise, either way you may use a multi-exercise card - no expiration. Buy a 10-class card for #30. or a 5-class card for \$5. Cash or checks payable to ‘Town of Natick’ accepted. Call (508) 647-6540 for more information.

Chair Aerobics Tuesdays & Fridays 11-noon
Chair Yoga Mondays 10:00-10:45am
Energy Focus Action Wednesdays 1:00-2:00pm
Line Dancing Wednesdays noon-1:00pm
Muscle Building: Low to Moderate Band Exercises Tuesdays and Thursdays 11:00am
Muscle Building: Advanced Band Exercises Tuesdays and Thursdays 10-11:00am
Evening Muscle Building Tuesdays and Thursdays 5:30- 6:30pm
Strength Training Fridays 10:00-11:00am
T'ai Chi Wednesdays 10-11:00am
Yoga Fridays 1:45-4:00pm
Zumba Mondays 12:30 -1:30pm

recreation youth

ADVENTURE WEEKS (GRADES 6-8)

Join our Recreation Staff for some fun this summer as we take a different adventure each week. Participants will enjoy a true summer vacation with theme parks, local attractions and new adventures. Participants should be able to complete rigorous activities. Each week will be challenged to the best of their ability. They will be completing tasks, working with peers, and learning new skills. Participants should bring sneakers with a good sole, a lunch that does not need to be refrigerated, snack, water bottle and a backpack. Waivers will be required to be signed for various activities by a parent or guardian. These forms will be made available at the beginning of each week. Participants will not be able to attend if this waiver form is not filled out.

Session 1 Theme Parks
We will kick the week off at a local beach and then spend the rest of the week going to different theme parks. We will be going to Six Flags, Canobie Lake, a Water Park and more!

Session 2 FULL
Session 3 White Water Rafting

This week revolves around canoes, kayaks and rafts. Participants should be comfortable with the water. They will learn the proper way to maneuver in the water, utilize a flotation device and a paddle. On Thursday participants will be challenged at Zoar Outdoor Adventure battling the Zoar Gap which are class 2 & 3 white water rapids.

1	Jun 23-26	Tue-Fri 10	\$ 2 7 5
2	Aug 3-6	Mon-Thu 9am-4pm	FULL
3	Aug 10-13	Thu 7:30am-7pm	\$275

Register online at www.natickma.gov/recreation



ARCHERY (Ages 10 & Up)
Instructor: On the Mark Archery
Location: Community Senior Center Fields (rain site is TBA)

Try out the Olympic sport of recurve archery this summer and see why this addicting activity is growing in popularity across the United States. Enjoy this introductory course while you are taught the fundamentals that lead to success. Your skills will be honed and tested through drills, archery games and daily tournaments. Safety, range rules and procedures, shooting technique and scoring will all be covered. ‘On the Mark Archery’ will provide all equipment. All instructors are USA Archery certified and NFAA certified.

1	Mon-Fri	9:30-10:30am	Aug 3-7	\$116
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Register online at www.natickma.gov/recreation

“Every summer, like the roses,
childhood returns.”

~ Marty Rubin

BRICKS 4 KIDZ (Ages 6-10)
Instructor: Bricks 4 Kidz Staff
Location: Cole Center
Plastic Bricks Mining And Crafting Morning (Am)

Each day we’ll use Lego bricks and more to build a stationary and motorized Minecraft model, create one take-home craft and enjoy 25 minutes of actual Minecraft playtime. We will build a shelter for Steve and more!

1	Mon-Fri	9am-12pm	Jul 27-31	\$220
Plastic Bricks Crafts and Game Challenges Afternoon (PM)				
Each day we'll use Lego bricks to create one take-home craft including jewelry/key chain, soap, a picture frame and more. Enjoy games and building challenges as well.				
2	Mon-Fri	1-4pm	Jul 27-31	\$245

OPTION: Join Bricks 4 Kidz staff for an all day affair, sign up for both AM and PM sessions (\$465 for both) and stay for a supervised lunch period. Please bring a lunch that does not need to be refrigerated, your own snacks and a water bottle. Lunch will be from 12-1:00pm and will include some outdoor play weather permitting. Register online at www.natickma.gov/recreation

FIRST PLAY SOCCER (Ages 5-7)
Instructor: U.S. Sports Institute Staff
Location: Wilson Middle School, 22 Rutledge Road

Experience the excitement of the world’s most popular sport at US Sports Institute’s First Play Soccer Clinic. Children will thrive on the exciting and enjoyable atmosphere generated by our qualified, international coaches. Participants will engage in a variety of fun games and challenges designed to enhance basic soccer skills; dribbling, passing, shooting and field awareness. Each day culminates in our World Cup tournament, where players have the chance to put their skills to the test in small sided and regular soccer scrimmages. The sole focus is on developing a basic understanding of the game and experiencing the excitement of soccer through the freedom of play.

1	Mon-Fri	9:00am–12:30pm	Jul 13-17	\$150
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Registration forms available online or in our office, registration is ongoing.

MINI MUSICAL THEATER (Ages 5-10)
Instructor: Cindy Wright, NDW Director
Location: Cole Center

This program is a wonderful introduction to the world of musical theater. Children will sing, dance and act to bring a familiar story to life. Classes will be spent learning songs, dances and dialogue. Children will work toward an informal performance at the end of the last class. Age appropriate roles will be assigned. Please have your child dress comfortably each day with lightweight shoes and bring a light lunch and a water bottle to each class.

1	Mon-Fri	10am-1:30pm	Jun 29-Jul 2 (4 days)	\$110
2	Mon-Fri	10am-1:30pm	Jul 20-23 (4 days)	Full
3	Mon-Fri	10am-1:30pm	Aug 10-13 (4 days)	\$110

Register online at www.natickma.gov/recreation

www.natickma.gov/recreation
REGISTER ONLINE OR IN PERSON
179 Boden Lane, Natick, MA (508) 647-6530

recreation youth

CAMP WOODTRAIL • Entering Grades 1-8
WOODTRAIL CAMP

Location: Kennedy Middle School, Philip Lucier Drive
Still Some Openings—Register Today!

Woodtrail is for children entering Grades 1-8 in the fall of 2015. There are three activity packed sessions at Camp Woodtrail. Each session is for two weeks and has a variety of options to meet parents/guardians demanding schedules. Camp will take place at Kennedy Middle School this summer. There are options for early care and after care as well. All campers are assigned to small peer groups according to their grade level. At the beginning of each session a newsletter will go home outlining the activities for each session.

1	Mon-Fri	8:30am-3:00pm	Jul 6-17	\$405
2	Mon-Fri	8:30am-3:00pm	July 20-31	\$405
3	Mon-Fri	8:30am-3:00pm	Aug 3-14	\$405

NOTE: Camp fees include one age appropriate field trip per session. Additional field trips may become available through the summer and some may have an additional charge to attend. Field trips include entrance fees, transportation and staff. To register please complete a Woodtrail Registration Form available at www.natickma.gov/recreation or pick one up at the Cole Center. Campers will also need an up-to-date physical, as well as an up-to-date immunization record. Please see the form for more information.

THUNDERCATS COMBO (Ages 7-10)
Instructor: Thundercats Staff

This coed combo program gives young athletes a fun learning experience in two sports. PRIMARY SPORT will consist of focused skill building activities and the SECONDARY SPORT will have more of a recreational experience. Program finishes with a tournament day.

FLAG FOOTBALL AND DODGEBALL
Location: Cole Center

1	Tue-Fri	9am-3pm	Jun 23-26 (4 days)	\$145
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FLOOR HOCKEY AND DODGEBALL
Location: Johnson Street Hockey Rink

2	Mon-Fri	9am-3pm	Aug 17-21	\$180
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Registration forms available online or in our office, registration is ongoing.

SARAH BEHN BASKETBALL • GIRLS (Ages 7-12)
Instructor: Sarah Behn Basketball Coaches

Location: Wilson Middle School, 22 Rutledge Road

The girls will gain confidence while the Coaches teach the fundamentals of basketball, which in turn will raise their individual level of play and make the game more fun to play!

1	Mon-Thu	9am–12pm	Jun 29-Jul 2 (4 days)	\$130
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Registration forms available online or in our office, registration is ongoing.

SKYHAWKS FLAG FOOTBALL (Ages 7-10)

Instructor: Skyhawks Staff

Location: Wilson Middle School, 22 Rutledge Road

Participants will learn the rules of the game while working on team play, sportsmanship and the fundamental skills of catching, passing, deflagging and blocking. The action packed week will end with a flag football playoff!

1	Mon-Fri	8:30–11:30am	Jul 20-24	\$129
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Registration forms available online or in our office, registration is ongoing.

SARGENT CENTER (Entering Grades 1-5)

Location: Lilja Elementary School

Children entering grades 1-5 in the fall of 2015 are eligible. Activities include arts & crafts, games, sports, free play and much more. There will be an excellent staff to help coordinate special activities for your child.

PLEASE NOTE: Each child must bring a lunch that does not need to be refrigerated.

1	Mon-Thu	9am-3pm	Jun 29-Jul 2 (4 days)	\$112
2	Mon-Fri	9am-3pm	Jul 6-10	\$140
3	Mon-Fri	9am-3pm	Jul 13-17	\$140
4	Mon-Fri	9am-3pm	Jul 20-24	\$140
5	Mon-Fri	9am-3pm	Jul 27–31	FULL
6	Mon-Fri	9am-3pm	Aug 3-7	\$140
7	Mon-Fri	9am-3pm	Aug 10-14	\$140

Register online at www.natickma.gov/recreation

SKYHAWKS BASKETBALL (Ages 7-11)

Instructor: Skyhawks Staff

Location: Wilson Middle School, 22 Rutledge Road

Enjoy a week of basic FUNdamentals covering passing, shooting, dribbling and defense through drills, half court and full court work. Program is coed.

1	Mon-Fri	8:30am-2:30pm	Aug 3-7 (full day)	\$159
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Registration forms available online or in our office, registration is ongoing.

SKYHAWKS S.N.A.G. GOLF (Ages 5-9)

Instructor: Skyhawks Staff

Location: Community Senior Center Field

S.N.A.G. (Starting New At Golf) Golf focuses on building the confidence of young athletes by teaching proper technique and uses oversized plastic club heads and “mini tennis balls” to build confidence. This program is designed for the entry level player; instruction is easy so that players can make an effective transition onto the golf course. Participants all receive a t-shirt. All equipment is provided.

1	Mon-Fri	8:30-11:30am	Jul 13-17	\$129
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Registration forms available online or in our office, registration is ongoing.

SKYHAWKS TENNIS (Ages 7-12)

Instructor: Skyhawks Staff

Location: East School Tennis Courts, 90 Oak Street

Beginners will be taught proper techniques of grip, footwork, serves, ground-strokes, volleys and overheads through fun games and drills. The rules and etiquette of tennis will be covered. Fridays will be used as rain dates.

1	Mon-Thu	9am-12pm	Jul 6-9 (4 days)	\$129
2	Mon-Thu	9am-12pm	Jul 27-30 (4 days)	\$129
3	Mon-Thu	9am-12pm	Aug 10-13 (4 days)	\$129

Registration forms available online or in our office, registration is ongoing.



farm youth

Weekly Summer Sessions June 15-August 21 for Youth Ages 4-17

Have fun, get your hands dirty, and learn about food and where it comes from! Please choose mornings or afternoons. All registration takes place online at www.natickfarm.org

YOUNG FARMERS Ages 6-7

Young Farmers come to us practically bursting with potential and growing proficiency and leave us with confidence in what they can do.

Monday-Thursday, Morning (A) 9am-12pm, Afternoon (B) 1pm-4pm
Fee: \$168 Members; \$204 Nonmembers

GROWING FARMERS Ages 8 & 9

In an around the chores, the laughs, and the vegetables, Growing Farmers discover how to use natural materials in exciting new ways. Infuse your natural curiosity with homesteader can-do.

Monday-Thursday, Morning (A) 8:30am-12pm, Afternoon (B) 1-4:30 pm
Fee: \$196 Members; \$238 Nonmembers.
Enter the coupon code growingin2015 to save 10% on Growing Farmer registrations.

JUNIOR WORKING FARMERS Ages 10-11

The Junior Working Farmer program is for kids ready to have fun while doing good work. Each day brings something exciting and new, new problems to solve, new opportunities for creativity.

Monday-Thursday, Morning (A) 8:30am-12:00pm
Afternoon (B) 1:00pm-4:30pm
Cost: \$196 Member; \$238 Nonmember

WORKING FARMERS Ages 12-14

The Working Farmer program is a “learn by doing” experience. By working right alongside our expert growers, kids learn where their food comes from and how to grow it, developing skills and confidence to run the farm and have a blast while doing it.

Monday-Friday, Morning (A) 8:30am-12pm
Afternoon (B) 1pm-4:30pm.
Fee: \$210 Members, \$262.50 per week for Nonmembers.
Short weeks are pro-rated accordingly.

Note There will be a mandatory meeting for all Working Farmers in the first week of June.

“You can’t stay
in your corner of the Forest
waiting for others to come to you.
You have to go to them
sometimes. . .

~ From Winni the Pooh



REGISTER FOR NCOF
www.natickfarm.org
117 Eliot Street, Natick, MA (508) 655-2204

recreation pre k

SKYHAWKS MINI HAWKS (Ages 4-6)
Instructor: Skyhawks Staff
Location: Cole Center Fields
The Mini Hawk Program promotes fun while learning soccer, baseball and basketball. Basic sports skills will be taught as well as team strategies in a noncompetitive environment.
1 M-F 8:30-11:30am Aug 3-7 \$129
Registration forms available online or in our office. (Ongoing)

SKYHAWKS QUICK START TENNIS (Ages 4-6)
Instructor: Skyhawks Staff
Location: East School Tennis Courts, 90 Oak Street
A new format to help children under7 learn and to play tennis. The court is smaller, nets are shorter, racquets are smaller and the balls are foam. This is a fast and fun way to get kids into tennis and keep them playing. Rules of etiquette will be taught and all participants will receive a t-shirt. Fridays will be used as rain dates.
1 M-Th 8:30-10am Jul 6-9 (4 days) \$59
2 M-Th 8:30-10am Jul 27-30 (4 days) \$59
3 M-Th 8:30-10am Aug 10-13 (4 days) \$59
Registration forms available online or in our office. (Ongoing).

SPORTS SQUIRTS (Ages 3-5)
Instructor: U.S. Sports Institute Staff
Location: Cole Center
This program is geared to our younger sports “stars.” Sports Squirts is a great way to introduce young children to a variety of sports such as soccer, t-ball, basketball and floor hockey all while having fun and evoking the child’s imagination. All activities are age appropriate and promote handeye coordination, movement and balance.
1 Mon-Fri, 1:30-2:30pm Jul 13-17 Age 3 & 4 \$79
2 Mon-Fri, 2:30-3:30pm Jul 13-17 Age 4 & 5 \$79
Register online at www.natickma.gov/recreation

SUNSHINE CENTER • Ages 3-Pre-K
Location: Cole Center
Sunshine Center provides a comfortable and relaxed environment for your child to develop social skills with other children. Activities include arts & crafts, music, movement, picnics, cooking and outdoor activities. Bring a snack. Juice or water provided.
1 Mon-Fri 9am-12:00pm Jul 6-17 \$165.
2 Mon-Fri 9am-12:00pm Jul 20–31 \$165.
3 Mon-Fri 9am-12:00pm Aug 3-14 \$165.
Register online at www.natickma.gov/recreation



farm pre k

FOREST EXPLORERS Ages 3-5
Leave the Farm and gardens behind and discover the woods, wild plants and wild animals, pond and stream. Activities include searching for natural materials to create beautiful works of art, building shelters, and discovering different habitats.
Tuesday-Thursday, Morning (A) 9:00am-12:00pm
Afternoon (B) 1:00pm-4:00pm.
Fee: \$126 Members; \$153 Nonmembers
Note: Children must be potty trained.

BUDDING FARMERS Ages 4-5
Discover the Farm with all five senses. Get your mud boots on, and get ready to make friends with a goat, rescue some lost chickens, and find life all around the farm!
Monday-Thursday, Morning (A) 9am-12pm
Afternoon (B) 1pm-4pm
Fee: \$168 Members, \$204 Nonmembers



computer classes

COMPUTER LAB
Instructor: Tom Swan
Location: CSC
Drop-in, first come, first served with your computer questions.
Tue, Wed, Thu 1-3:00pm ongoing free

FOSS (FREE, OPEN-SOURCE SOFTWARE) USER GROUP
Location: CSC
Learn about good, free, reliable software for your computer, and share ideas with others who use it! The best of it rivals what you can buy, and also breathes life back into weaker computers. All computer users are welcome. Usually meets the first Thursday of the month, except on the second Thursday in January, July and September.
Thu 3-6:00pm Jun 4, Jul 9, Aug 6 free

skyline



BEACH BOYS (Teens and Adults)
Location: Cole Center
We will have another day of dancing and great music at the Melody Tent in Hyannis. With a show so early, let’s head out to dinner after as a whole group on the Cape!
(Note that this weekend the vans will be in New Hampshire for Camp Arrowhead and we will be using a JFK van.)
01 Sat 12:30-9:30pm Aug 15 \$85
Register online at www.natickma.gov/recreation or in person

BOWLING AND DINNER (Teens and Adults)
Location: Meet at the Cole Center
A Skyline favorite is to head to Ryan’s Family Amusements and knock down some pins before going out to dinner with the gang.
01 Fri 6:00-10:30pm Jul 10 \$49
Register online at www.natickma.gov/recreation or in person

BUTTERFLY PALACE AND MANSION TOUR (Teens and Adults)
Location: Meet at Cole Center
We have a jam packed day that is sure to be filled with fun! Join the crew as we go to the Butterfly Palace, they might even land on you! Then we will eat at the 99 Restaurant. That’s not all! We will also be taking a trip around the Newport mansions with a full tour!
01 Sun 11am-8pm Jun 28 \$80
Register online at www.natickma.gov/recreation or in person

CHARLES RIVER ROTARY SOFTBALL TEAM (Teens and Adults)
Location: Cole Center Field
Batter Up! Join our team for some great softball action on Wednesday evenings. For 8 weeks we will play other teams from throughout the region. Many thanks to our sponsor Charles River Rotary Club.
01 Wed 6:30-8:00pm Jun 10-Jul 29 \$85
Register online at www.natickma.gov/recreation or in person

DUCK TOURS (Teens and Adults)
Location: Cole Center
Boston is one of the most well known places in the USA. Let’s hear all about it on a DUCK! We will get a tour of Boston on land AND in the water, then we will stop by the Framingham Service area on the Mass Pike for dinner on our way home!
01 Sat 2-7:30pm Aug 29 \$79
Register online at www.natickma.gov/recreation or in person

MINI GOLF (Teens and Adults)
Location: Cole Center
Let’s putt our way through the course before going out to dinner.
01 Fri 6-10:30pm Aug 21 \$53
Register online at www.natickma.gov/recreation or in person

SKYLINE’S SUMMER INTERNSHIP: (Ages 16 and up)
Location: Natick
Our Special needs volunteer program is a great transition program that helps clients get work experience to build their resume. They will work to help different facilities including Camp Arrowhead, Memorial Beach, Lincoln Café, and more. Different skills will be used throughout the week. Each individual is required to be self sufficient and willing to participate in all areas. All new interns will meet with staff prior to the start of this program.
01 Mon-Fri 9:00-3:00pm Jun 29-Aug 7 \$20/day
No program Jul 3, 9
Register online at www.natickma.gov/recreation or in person

THE FAB 4 (Teens and Adults)
Location: Meet at the Cole Center
Put your dancing shoes on as we head to Cohasset to listen to some great music from the Beatles era. Bring money for concession food.
01 Sun 6-11pm Jul 26 \$66
Register online at www.natickma.gov/recreation or in person



SKYLINE
REGISTER ONLINE OR IN PERSON
www.natickma.gov/recreation



The Natick Recreation and Parks staff seek to provide the community with comprehensive recreational programing for individuals of all ages and abilities while enhancing our community through people, parks, and programs.

(508) 647-6530

179 Boden Lane
Natick, MA 01760

Phone: (508) 647-6530
FAX (508) 647-6535
www.natickma.gov/recreation



Sassamon Trace Golf Course
Pete Meagher, PGA Golf Course Manager
233 South Main Street, Natick, MA 01760
(508) 655-1330
Sassamontrace.com

Sassamon Trace offers a variety of public tournaments, programs clinics and special events.

NATICK PARKS AND FIELDS

The Recreation and Parks Department is responsible for the planning, organization and implementation of leisure programs and facilities that serve the physical, emotional, and social needs of all the residents of our community, regardless of one's ability.

Here's an overview of the sixteen parks and fields that Natick Recreation and Parks Division manages.

The parks and flieds are open until sunset.

FACILITY	STREET	FIELD	COURT	PLAYGROUND	OTHER
Cole Center	Boden Lane.	Multi	Hoops	Yes	Building
Coolidge Field	Chester St.	Multi, Baseball, Softball	Hoops	No	
Grove Park	Pleasant St.	No	No	No	Picnic Benches, Canoe Launch
JJ Lane Park	Speen St.	Yes	Volleyball	Yes	Restrooms, Pavilion, Picnic Benches
Hunnewell Field	Pleasant St.	Baseball	No	No	
Lincoln Field	East Main St.	Yes	No	No	Building
Loker Park	Bacon St.	yes	Hoops	Yes	
Mary Bunker	Megonko Rd	Yes	No	No	Pavilion, Picnic Benches
Murphy Field	North Main St.	Multi, Softball	Hoops	Yes	
Navy Yard Field	Washington St.	Multi, Baseball	Hoops	No	
Sargent Field	Oak St.	Multi, Baseball	Hoops	Yes	
MathWorks Field	Oak St.	Soccer	No	No	
Shaw Park	Eliot St.	Yes	No	No	
S. Natick Multi	Pleasant St.	No	Hoops	No	
Town Common	Common Street	Yes	No	No	
West Hill Park	Mill St.	Baseball	No	No	



GENERAL BEACH INFORMATION

Dates	Times
June 13, 14	Weekend 11:00am-7:00pm
June 15-19	Weekdays 3:00pm-7:00pm
June 20-Aug 16	Weekdays 10:30am-7:30pm Weekends 11:00am-7:00pm

TAGS REQUIRED FOR EVERYONE

ENTERING BEACH • Ages 2-Adult

Proof of residence (i.e. license, utility bill or a canceled check), must be presented at time of tag purchase.

BEACH TAG INFORMATION

Tags must be purchased in person, not by mail. Tags will be avail-able beginning April 27 at the NR&PD Office. From June 13 on, Indi-vidual/Family tags must be purchased at the Beach. Lost Tags must be repurchased.

SUMMER 2015 FEES

Adults 18 yrs & up	\$33/Resident • \$66/NonResident
Children 2-17	\$23 per Resident • \$46 per Non Resident
Seniors 62 yrs +	\$16

Any child who will be 2 years of age before July 1, 2015 must buy a tag. To receive free admission for a child under 2 yrs of age, a parent must show child's birth certificate when purchasing their own tag. No child(ren) under the age of 10 will be allowed to enter the beach without responsible parental supervision (minimum age 14 years old.)

DAILY RESIDENT GUEST FEES

Child-	\$3
Adults-	\$5
Senior-	\$1

DAILY NON-RESIDENT GUEST FEES

Child-	\$6
Adults-	\$10
Senior-	\$1

FAMILY TAG PLAN PRICES

Proof of Natick residency and birth certificates and/or legal adoption certificates will be required

1 Adult & 4 or more children	\$100
2 Adults & 3 or more children	\$110



SWIMMING (Ages 3 & up)

American Red Cross approved classes range from Level 1-6. Non-certified preschool classes are also available. Class times start at 10:10 am and are offered throughout the day and are held Mon-Fri, weather permit-ting. Classes are 20 minutes for preschool and 30 minutes for all others. Classes are subject to change depending on registration and teacher avail-ability.

Based on final day of school, lesson sessions will be as follows:

Session 1:	Jun 23-Jul 10 (3 weeks)	\$47
Session 2:	Jul 13-31 (3 weeks)	\$47
Session 3:	Aug 3-14 (2 weeks)	\$34

Beach tag is not included in above price.

Registration for lessons will take place at the Beach the Saturday before the start of each session on a first come, first serve basis. Actual class schedule should be available after June 8.

SWIM TEAM (Ages 6-18)

Beach Tags are required for everyone entering Beach

WHEN: Tue, Jun 23-Aug 8

(Practices are Mon-Fri, no Fri practices after Jul 4)

Please note: Each member may have to purchase a team swimsuit for this year.

PRACTICE TIMES:

3:30-4:00pm	ages 8 & under	\$102/\$92
4:00-4:45pm	ages 9 & 10	\$102/\$92
4:45-5:45pm	ages 11 & up	\$102/\$92

Swim team fee with your own beach tag	\$92
Swim team fee with beach tag included in fee	\$102

Registration must be done at Cole Center.

MINI TRIATHLON (Ages 5 to Adult)

Location: Memorial Beach, West Street

A fun individual or family event that kicks off the July 4th festivities here in Natick. You can participate as an individual or get a couple of friends or family members and do the mini triathlon as a team. We offer a shorter swim for those of you who may not be able to swim a half mile. The approximate distances are; ½ or ¼ mile swim, a 2 mile bike and a 1 mile run, the event starts and finishes at the beach.

1	Sun	9:30am start	Jun 28	\$30/indiv \$45/team
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Register online at www.natickma.gov/recreation

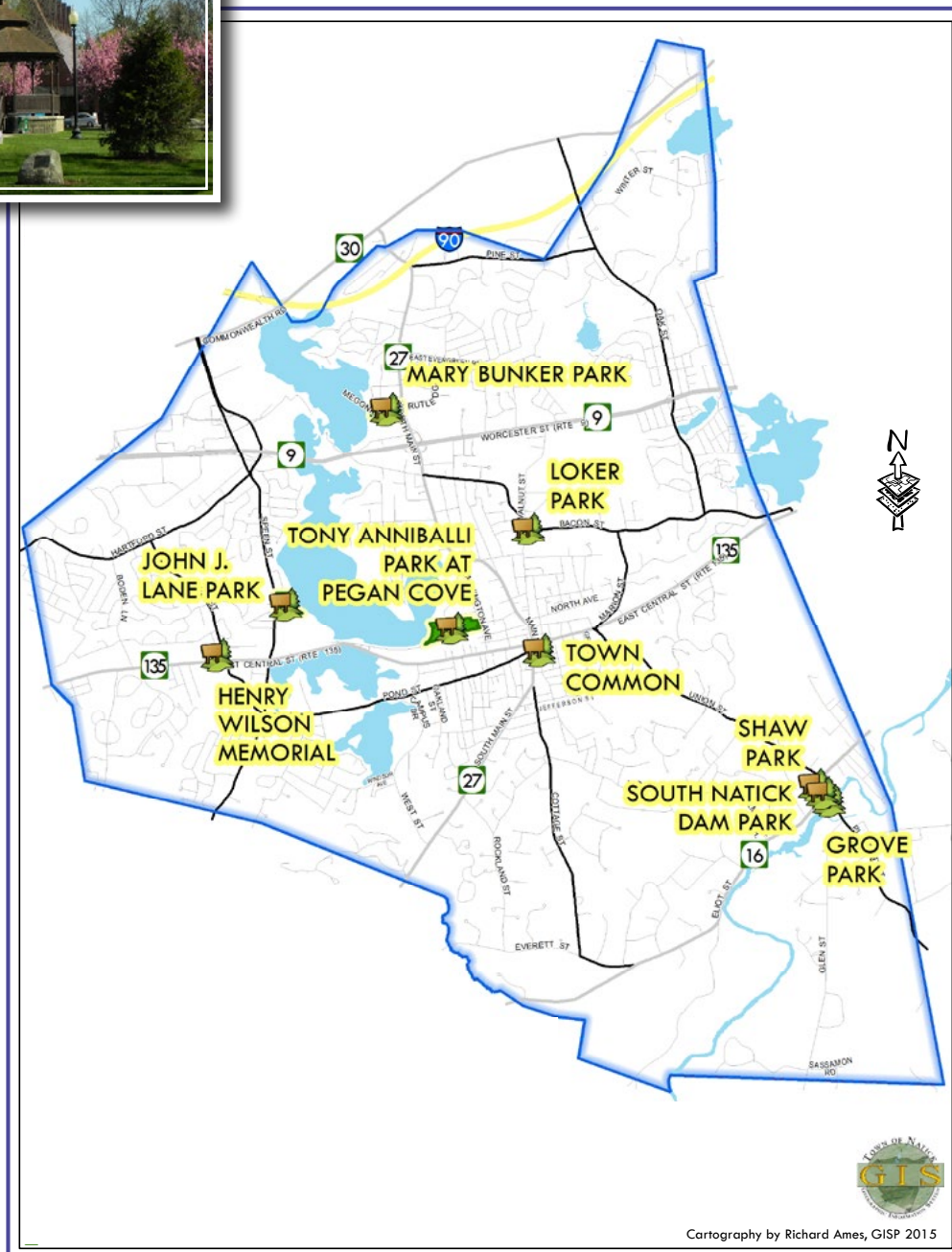


One of the most wonderful things about living in Natick is the sheer amount of open greenspace available for public enjoyment. We hope you'll take advantage this summer. There are an ample number of parks, courts and playgrounds sprinkled throughout with JJ Lane – our newly renovated seven acre park– being the Town's premiere multi-purpose site. To help us keep our fields and parks clean and trash free we are partnering with individuals, businesses, civic organizations and groups to act as stewards. This program has started at John J. Lane Park – where Scout Troop 7 and area residents are helping keep things clean. We encourage everyone in Natick to pick up after themselves and that of others. If you are interested, please contact the Recreation and Parks Department at (508) 647-6530 to find out how you can help by becoming a park steward. See you outdoors!



NATICK PARKS

1. **GROVE PARK**
11 Pleasant Street
<http://natickma.gov/1114/Grove-Park>
2. **HENRY WILSON MEMORIAL**
181 West Central Street
<http://natickma.gov/1115/Henry-Wilson-Memorial-Park>
3. **JJ LANE PARK**
185 Speen Street
<http://natickma.gov/1108/John-J-Lane-Park>
4. **LOKER PARK**
79 Walnut Street
<http://natickma.gov/1117/Loker-Park>
5. **MARY BUNKER PARK**
Magonko Road
<http://natickma.gov/1110/>
6. **SHAW PARK**
53 Eliot Street
<http://natickma.gov/1122/Shaw-Park>
7. **SO. NATICK DAM PARK**
9 PLEASANT STREET
<http://natickma.gov/1123/south-natick-dam-park>
8. **TONY ANNIBALLI PARK AT PEGAN COVE**
30 Washington Street
<http://natickma.gov/1125/Tony-Anniballi-Park-at-Pegan-Cove>
9. **TOWN COMMON**
3 East Central Street
<http://natickma.gov/1126/Town-Common>



natick parks



JJ LANE PARK

In 2014, the Town of Natick re-opened J.J. Lane after doubling its size to a full seven acres and giving it an impressive renovation. This park, situated at 185 Speen Street, named after Natick's John J. Lane who pioneered recreation programs for the town, offers a wonderful array of amenities: volleyball and bocce courts, community gardens, walking paths, playground, shade pavilions, fields, parking, and restrooms. See <http://natickma.gov/1108/John-J-Lane-Park>.



TOWN COMMON

With its iconic town gazebo, the Natick Common serves as the hub of Natick. On summer evenings visitors enjoy concerts on the common, the farmers' market, and so much more. We welcome all residents to join us for the July 4th celebrations and on September 12 for Natick Days at the Town Common. See <http://natickma.gov/1126/Town-Common>.



SOUTH NATICK DAM

This beautiful park was established in 1933 on the site of a former grist mill that had served South Natick since colonial times. The millstones embedded in the paved area come from that mill. The park is adjacent to the Charles River's dam, and is a popular spot for visitors. Amenities here include waterfalls, benches, and picnic areas. Nice spot for launching canoes and kayaks, fishing, and playing basketball. See <http://natickma.gov/1123/South-Natick-Dam-Park>.

